

Children's Day stallholder – Healthy food terms and conditions

Christchurch City Council has a policy to create a healthier food and drink environment at Council facilities and events. All food and drink vendors at Children's Day will have to comply with this policy.



Healthy food and drink environments

This policy supports the Council's efforts to provide an environment that consistently offers and promotes healthy food and drink options via the following guidelines:

- Offer a variety of healthy foods from the four main food groups.
- Food should be mostly prepared with or contain minimal saturated fat, salt (sodium) and added sugar, and should be mostly whole or less processed.
- Water and unflavoured milk are the predominant cold drink options.
- Dietary needs are taken into account.

Foods and drinks are placed into three categories according to their nutrient content.

Green

These foods and drinks are part of a healthy diet. Green category products must consist only of green category foods, drinks, and ingredients.

They are consistent with the Healthy Food and Drink Policy principles reflecting a variety of foods from the four food groups including:

- Plenty of vegetables and fruit.
- Grain foods, mostly wholegrain and those naturally high in fibre.
- Some milk and milk products, mostly low and reduced fat.
- Some legumes, nuts, seeds, fish and other seafood, eggs, poultry (e.g. chicken) and/or red meat with the fat removed.
- Foods low in saturated fats, added sugar and added salt, and mostly whole and less processed.

Examples of green food and drinks:

- Bread
- Eggs
- Fish
- Fruit (fresh, frozen)
- High fibre breakfast cereals
- Plain nuts and seeds
- Lean meat
- Legumes and beans
- Reduced fat milk, cheese and yoghurt
- Tofu
- Vegetables
- Water

75% of drinks and food offered at your food stall needs to be choices from the green category.

Amber

These foods and drinks are not considered part of an everyday diet but may have some nutritive value. Foods and drinks in this category can contribute to consuming excess energy and are often more processed.

The amber category contains a wide variety of foods and drinks, some healthier than others. Amber category products can contain a mixture of green and/or amber foods, drinks, and ingredients.

Where possible provide the healthier options within this category, such as a potato top pie instead of a standard pie.

Examples of amber food and drinks:

- 99% fruit juice
- Artificially sweetened drinks
- Dried fruit – Real fruit yoghurt ice cream
- Fish canned in brine or oil
- Regular fat milk, cheese, yoghurt and custard.
- Salted nuts and seeds
- Some flavoured milk
- Some wholemeal muffins or scones with added fruit and vegetables
- Some oven baked potato products
- Some savoury breads and crackers

Amber foods should be limited. A maximum of 25% of drinks and food offered at your food stall needs to be choices from the amber category.

Red

These foods and drinks are of poor nutritional value and high in saturated fat, added sugar, and/or added salt and energy.

They can easily contribute to consuming excess energy. These are often highly processed foods and drinks.

Examples of red food and drinks:

- Biscuits, cakes, slices and sweet pastries
- Crisps and chips
- Confectionery
- Deep fried foods
- Devon, salami, Strasburg,
- Ice creams and dairy desserts
- Pies, sausage rolls
- Saturated fats and oils, such as butter and cream
- Saveloys
- Sugary drinks, such as soft drinks and sports drinks

Red foods should be avoided.

For more information on healthy food options visit:

<https://www.cph.co.nz/wp-content/uploads/nut0098.pdf>